



# Be a **SAFE LOVER!**

Use condoms to protect yourself and your partner from HIV!

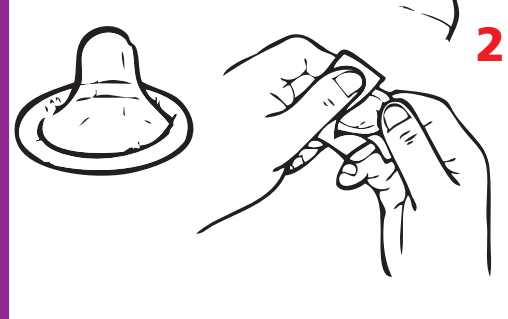
How do condoms protect you from HIV and PREGNANCY?

Condoms prevent the exchange of body fluids during sex.

Body fluids such as blood, semen, and vaginal fluids carry HIV.

Condom use prevents both HIV infection and pregnancy.

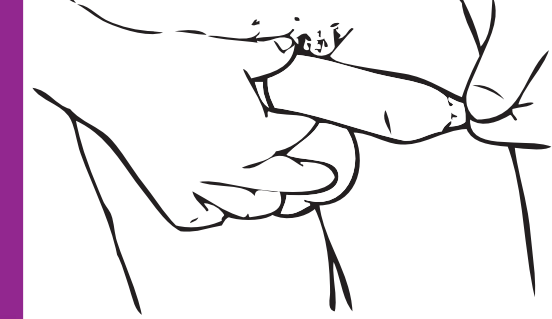
How to use a condom correctly:



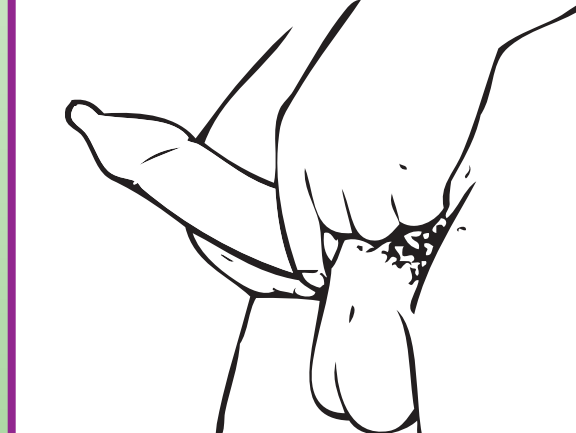
1. Decide to use condoms with your partner.
2. Carefully open the package so the condom does not tear. Do not use teeth, nails, or sharp objects to open the package because this may rip the condom.



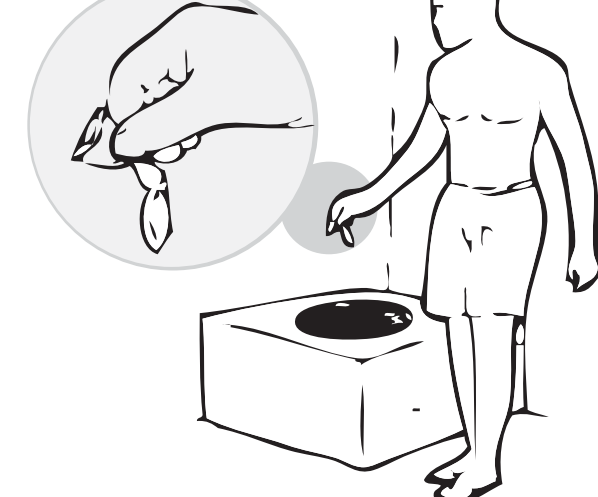
3. Place the condom on the erect penis before intimate contact. Hold the tip of the condom to allow room for semen.



4. With the other hand, unroll the condom over the erect penis right down to the base.



5. After ejaculation, hold the condom at the base of the penis and pull out of your partner before your penis becomes soft. Slide the condom of your penis without spilling any semen.



6. Tie a knot at the top of the condom. Dispose of the used condom immediately into a trash container or pit latrine.

## Condom Tips:

- Check the expiration date on the condom package before use.
- Store condoms in a cool, dry place.
- Do not reuse a condom. Use a new condom every time you have sex.
- Only use one condom for every sexual act.
- If extra lubrication is desired, only use water-based lubricants such as K-Y Jelly found in pharmacies and supermarkets. Never use Vaseline, lotion, or other oil-based products as this may cause the condom to break.

## Thinking Tips:

- What's the best way to talk to your partner about condoms?
- Who should carry condoms?
- Practice makes perfect: Who can do a condom use demonstration the fastest?





Are you  
**man**  
enough?



When I use  
condoms,  
I feel...  
protected



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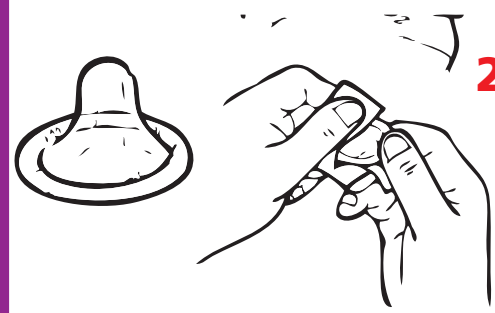
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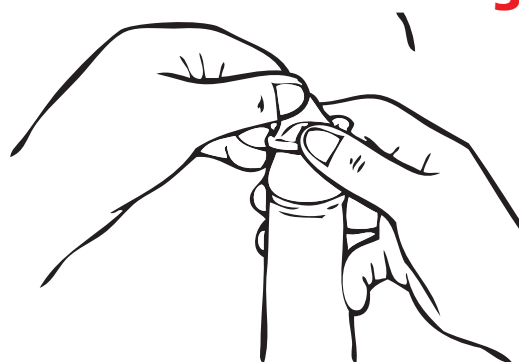
Body fluids such as blood, semen, and vaginal fluids can carry HIV from one person to another.

Only condom can protect you from HIV and pregnancy at the same time.

## How to use a condom correctly:



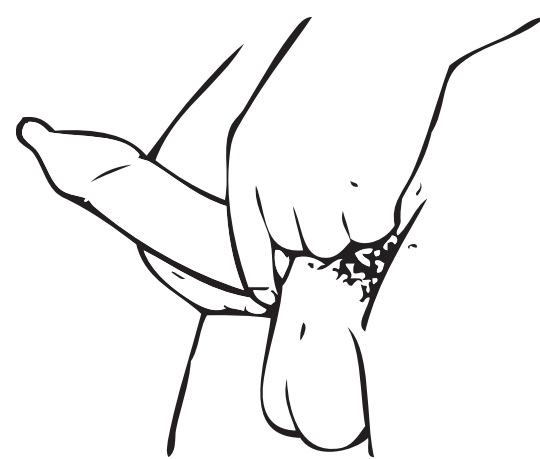
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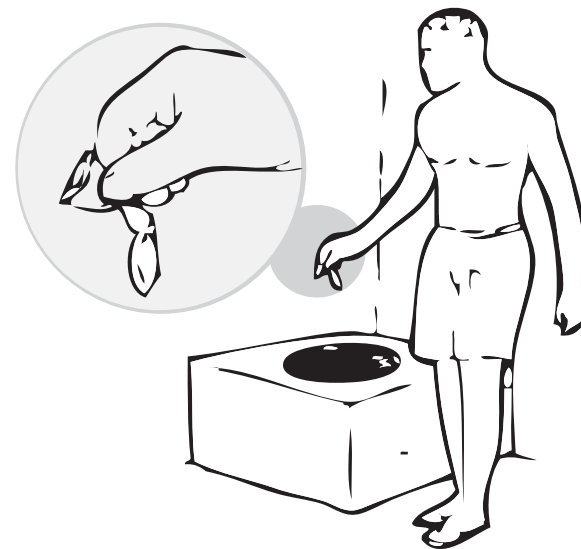
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- If you have never used a condom, practice in privacy to reduce anxiety, nervousness, or shyness.

### Thinking Tips:

- How do you talk to your partner about condom use?
- Who should carry condoms?
- Practice makes perfect: who can do the best condom demonstration?



think talk act





# HIV & Pregnancy

## What to know...



### Before Pregnancy

1

Go for HIV testing with your partner before getting pregnant and use family planning until you are ready to become pregnant.



2

If you or your partner is HIV positive, seek medical counseling to make sure you get pregnant safely.

### During Pregnancy

3

Go for antenatal care with your partner as soon as you know you are pregnant. Prepare a birth plan with your partner and family (where to deliver, how to get there).



4

Go for HIV testing with your partner and learn your HIV status. Follow medical advice given to you by your health care provider based on your results.

5

If you are HIV positive, seek advice from a health worker on how to have a baby born free for HIV.



6

Take your HIV medicine as instructed and deliver in a health facility.



### After Pregnancy

7

Only give your baby breast milk for 6 months. Do not give your baby anything else to eat or drink. Continue breastfeeding your baby until 1 year old. At 6 months, start giving your baby nutritious foods like porridge with groundnuts, mashed fruits and vegetables, or eggs.



8

Take your baby to all his or her follow up visits at the health facility; including HIV testing at 6 weeks, 6 months, 1 year, and 1 year 6 months. Vaccinate your baby on the regular schedule.



9

Give your baby his or her HIV prevention medicine every day. Also make sure you take your own HIV medicine if prescribed by a health worker.



10

Talk to your health worker about family planning options, nutrition, and other care to keep you healthy.

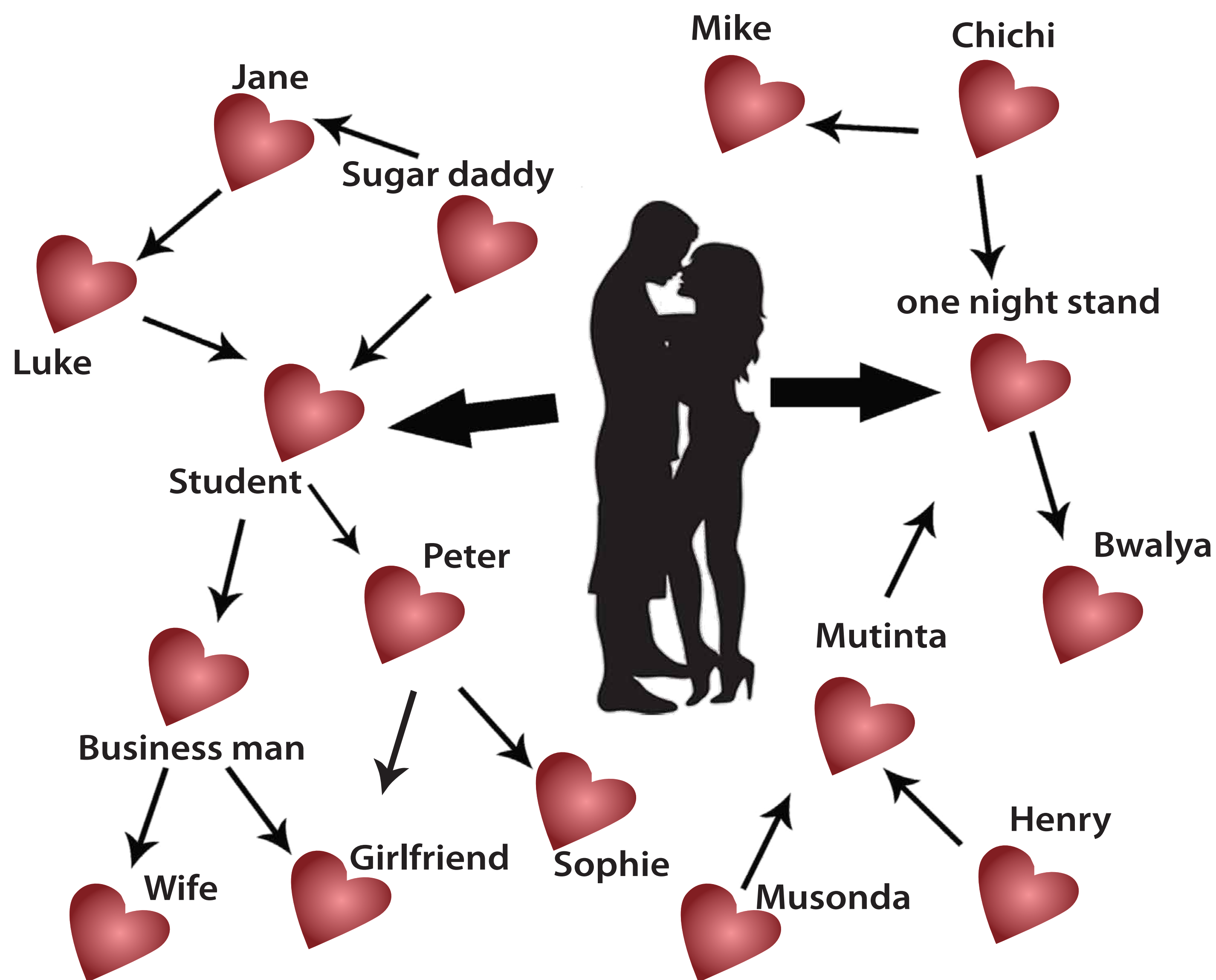


think talk act





# Are you a **SAFE** lover?



## Why is it dangerous to have many sexual partners?

- Having multiple sexual partners is dangerous because it increases your chances of getting infected with HIV.
- Every person you have sex with may infect you with HIV.
- You may unknowingly be connected to a large sexual network if the person(s) you are having sex with is also having sex with others.

## How to avoid HIV infection in a sexual network:

- Use condoms with every sexual partner.
- Know your HIV status and you partners' too.

## What is a sexual network?

- A sexual network is a chain or web of people who are having sex with each other.
- Your sexual network includes you, your sexual partners, their other sexual partners, who also have other sexual partners, and so on.
- Whenever one person in the network gets HIV, it spreads quickly to everyone in the network who is having unprotected sex.
- The more people you are having sex with, the larger your sexual network and the higher your risk of getting HIV.

## Things to think about:

- Even having one extra partner who is unfaithful to you can put you at high risk of HIV.
- Trusting your partner is not enough to protect you from HIV.
- Do you know your sexual network?

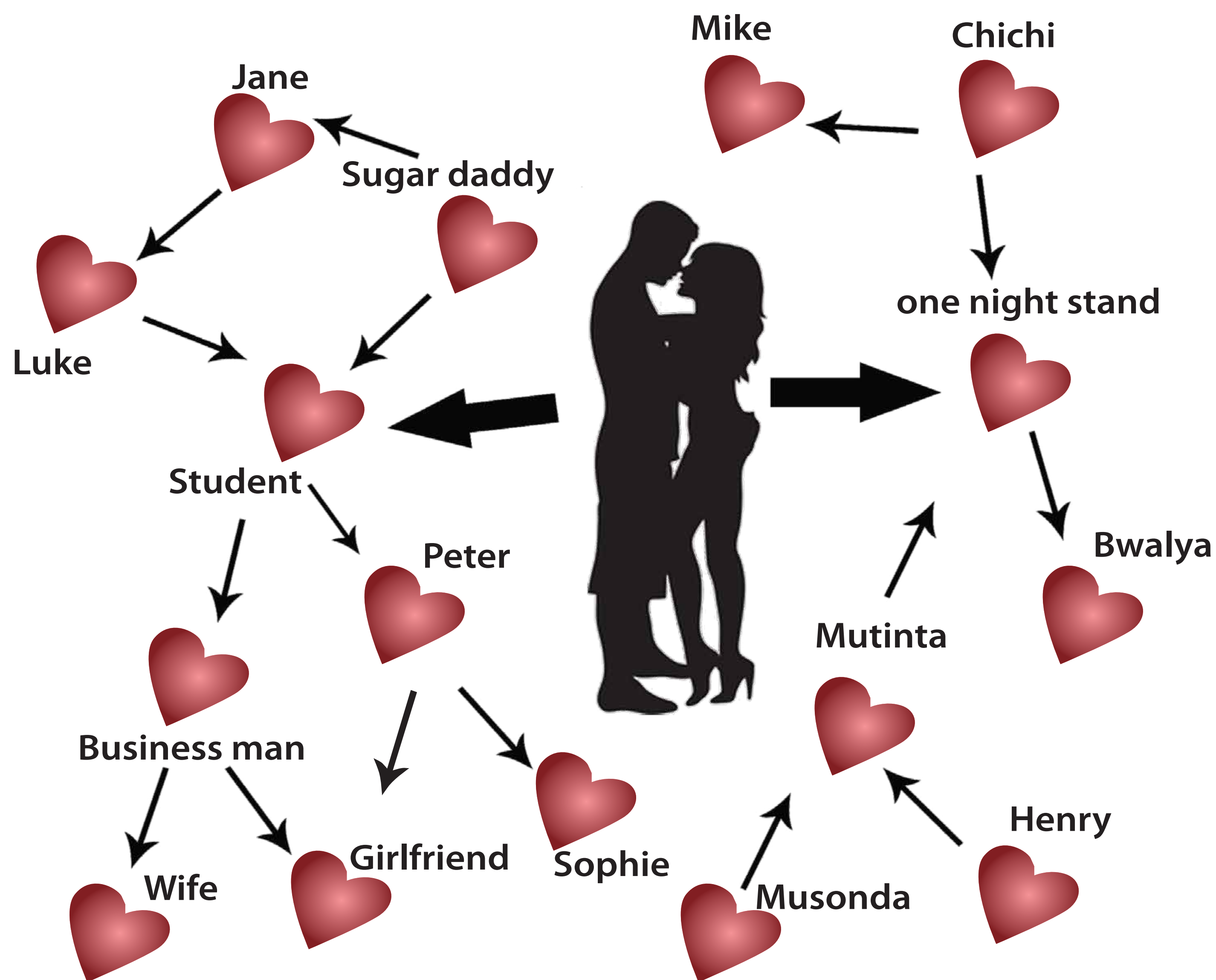


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# UNLOCK your freedom ...go for HIV Testing

## How to take an HIV test

### 1 Talk and Plan



- Talk to your partner about going for HIV testing.
- Select which health centre to go to for testing. HIV testing is free in all government health facilities.

### 2 Go to the testing site

- A professional counselor will take you to a private room for a private discussion called counseling.
- Your discussion will not be shared with or listened to by anybody else.

### 3 Get pre-counseling

- The counselor will explain the testing process to you and answer any questions, worries or doubts that you and your partner may have.
- You are free to share any information and ask any questions to the counselor, he or she is there to help you.

### 4 Take the test



- To test you for HIV, the counselor will prick your finger with a small needle to collect a very small blood sample.
- The results will be ready within a few minutes of the test.

### 5 Get your results



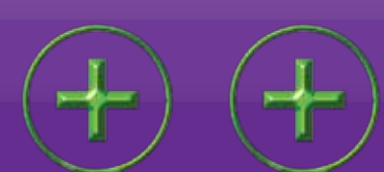
#### Both of you are negative

- ♥ Plan how you and your partner will maintain your HIV negative status.
- ♥ Go back for another test after 3 months to confirm your status. You may test HIV negative when you are still in the window period.
- ♥ The window period is a time ranging from 3-12 weeks after a person has been exposed to HIV. During this time the HIV test cannot yet detect if you are HIV positive.



#### One of you is positive and the other negative

- ♥ This is known as discordance. Discordant couples can still have healthy and happy lives together. Ask the counsellor for specific tips on how you and your partner can remain healthy.
- ♥ Using condoms during sex will play an important role to prevent the person who is negative from becoming HIV positive. Remember that if your partner is found positive, this does not automatically mean they have been unfaithful.



#### Both of you are positive

- ♥ It is still possible to lead a healthy life when you are HIV positive. You can do this by using condoms whenever you have sex with your partner to prevent possible reinfection and mixing of different HIV types.
- ♥ If you choose to have sex with anybody else besides your partner, you must also use a condom to prevent them from getting infected with HIV.

